

# SEPTEMBER 2025 GYM SCHEDULE

## MARYSVILLE YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym 5 a.m.—8 a.m.	Open Gym 5 a.m.—9 a.m.	Open Gym 5 a.m.—8 a.m.	Open Gym 5 a.m.—8 a.m.			
6 a.m.								
7 a.m.		Open Gym/Pickleball (Half Court) 7–8 a.m.		Open Gym/Pickleball (Half Court) 7–8 a.m.	Open Gym/ Pickleball (Half Court)			
8 a.m.								
9 a.m.	Chair Yoga with Leah 9:15 a.m.—10:30 a.m.	Pickleball 8 a.m.—11 a.m.	Chair Yoga with Leah 9:15 a.m.—10:30 a.m.	Pickleball 8 a.m.—11 a.m.	Pickleball 8 a.m.—10:15 a.m.	Open Gym 7 AM–5 PM  Starting 9/27 Gym Closed 8 AM– 5 PM		
10 a.m.								
11 a.m.	Open Gym & AOA (50+) BBall (Half Court) 10:30 a.m.–12 p.m.		Open Gym/Pickleball (Half Court) 11 a.m.–12 p.m.	Open Gym & AOA (50+) BBall (Half Court) 10:30 a.m.–12 p.m.	Open Gym/Pickleball (Half Court) 11 a.m.–12 p.m.		Open Gym & AOA (50+) BBall (Half Crt) 10:30 a.m.–12 p.m.	
12 p.m.	Forever Fit with Connie 12:15–1:15 p.m.		Forever Fit with Connie 12:15–1:15 p.m.		Forever Fit with Connie 12:15–1:15 p.m.			
1 p.m.								
2 p.m.	Open Gym 1:30–4:30 p.m.		Open Gym 12–4:30 p.m.		Open Gym 1:30–4:30 p.m.	Open Gym 12–4:30 p.m.	Open Gym 1:30–4:30 p.m.	SUNDAY
3 p.m.	Drop-in Beginner Pickleball (Half Court) 1:30–3:15 p.m. Families Welcome				Drop-in Beginner Pickleball (Half Court) 1:30–3:15 p.m. Families Welcome			Open Gym 10 a.m.—5 p.m.
4 p.m.						Drop-in Beginner Pickleball (Half Court) 10:15 a.m.– 12:15 p.m. Families Welcome		
5 p.m.	Gym Closed for Tae Kwon Do 4:30–9 p.m.	Gym Closed for Youth Sports 4:45– 9 p.m.	Gym Closed for Tae Kwon Do 4:30–9 p.m.	Gym Closed for Youth Sports 4:45–9 p.m.	Gym Closed for Youth Sports 4:45–9 p.m.	Drop-in Volleyball (Half Court) 12:30–3 p.m.		
6 p.m.								
7 p.m.								

PLEASE CHECK THE YMCA SNO CO APP FOR THE MOST  
UP-TO-DATE INFORMATION

Open Gym is for basketball play, laps, agility training, and other workout activities that allow for multi-use by other members & does not use fixed equipment, i.e. nets or soccer goals.